



Asbury

UNITED METHODIST CHURCH
A Place For All. No Exceptions.

6822 Grand Avenue
PO Box 7135
Duluth, MN 55807
218-624-0061

The Reverend Katherine Cornell

In-Church & Online
Sunday Worship 10:00 am
asburyduluth.org/about-us/worship/

Office Hours
Monday-Thursday: 10:00 am to 3:30 pm
Closed Friday

Messenger



Rally Sunday is September 11. Come join us as we welcome

ALL Asbury members, friends and families back to worship. Our younger family members (Pre-school through sixth grade) will meet in the Fellowship Hall



for fun, fellowship, music and story time.

In conjunction with Rally Sunday, Asbury is celebrating its 30-year anniversary at our current location. We will have Fellowship and cake in the Fellowship Hall after worship. **(Please see Asbury's new COVID-19 policy below.)**

Pastor Katherine will be blessing the backpacks and we will be taking a congregational photo after worship.

Changes To Our COVID-19 Policy

After reviewing the best practices for congregations, the Administrative Council has made the following decisions regarding our COVID-19 Policy. **All decisions will be effective as of September 11:**

- We will begin having Fellowship time beginning with Rally Sunday and our 30th Anniversary Celebration on September 11.
- We will not require masks for singing in the congregation.
- We will continue to rope off pews on one side of the congregation to allow for distanced seating.
- Individual groups may choose whether or not to offer meals in the Fellowship Hall.
- Asbury Singers and Praise Team practices will begin again. Look for more info about these groups in upcoming announcements and newsletters.

As we move forward, we will continue to monitor and follow the advice of our medical community and our conference.

Asbury Backpack Blessing

We are still collecting backpacks for the children in our area schools until September 11. The collection area is in the Narthex.

Blessing of the backpacks will be held on Rally Sunday, September 11. Let's do our best so all children can have a successful start to the school year. Thank you for your generosity.



Blessing of the Backpacks

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A Penny For Your Thoughts

Finding Peace Amidst Change

Welcome Fall!

As Summer winds down and we hear of schools starting back, I am reminded that changes (even good ones) can be stressful and hard. There are so many changes that happen in our lives. The seasons change, our bodies change, kids grow up and leave home, people pass away, families change, churches change, activities change.

This week I was having a hard time concentrating on my work, and so I took a break to figure out why. It turns out, I have a lot of change going on in my life right now. My eldest is going off to college and I am taking a week of time off to get him there; my other three sons are starting a new school year; the church is gearing up for fall work projects/activities and celebrating 30 years in this location; and I continue to implement new exercise and eating habits to help me be the healthiest I can be. When I look at it that way, I can say WOW! I've got a lot going on! No wonder I'm getting stuck knowing where to start.

This made me wonder if others of you are experiencing change as well. My guess is yes.

So I wanted to remind us all of tools we have to navigate change and stress in our lives.

First of all, naming the change and acknowledging that change is hard can go a long way to helping out. We can be reminded to be filled with grace for ourselves and the people around us who are probably struggling in their own ways.

Secondly, taking a step back to breathe deeply is important. There are quite a few meditation guides and apps that can help you structure some time to pause. One very simple exercise is to breathe in for 5 seconds and then out for 5 seconds. Keep breathing slowly for two minutes to reset your nervous system. If you are interested in learning



more about meditation and methods for spending time in contemplation, let me know.

Thirdly, you can call or text a friend to lift you up in prayer. I asked for prayer from several people, and I feel like their prayers are helping me manage the changes.

Fourth, remember that God and God's love for you never changes, no matter what. And in thinking about God's love for you, know that this community of faith at Asbury UMC wants to walk with you through whatever changes are coming your way. With others around you to listen and help, the journey can be less stressful if not actually easier.

So whether you are excited by the coming Fall, or nervous, I encourage you to turn to your community of faith, remember God's love for you, and keep breathing!

Blessings and Peace,
Katherine

Pastoral Care: Please notify the church office (218-624-0061) if you or someone you know is in need of pastoral care for illness, hospitalization or surgeries. In case of emergency and there is no answer at the church, please contact Pastor Katherine at 828-263-2035 or email at kcornell@wnccumc.net.

Asbury News

Congratulations Pastor Katherine!

Congratulations to Pastor Katherine for completing a graduate-level certificate program by participating in the Practical Church Leadership (PCL) Program at Dakota Wesleyan University over the past year.

The program, which includes five 7-week classes and three in-person gatherings throughout the year, is designed to help pastors and other church leaders achieve additional skills needed to lead today's church. Some of these include, but are not limited to, developing a strategic plan for the congregation, how to lead the church through a visioning process, ideas for effective stewardship and resources for developing high-performing teams.

Pastor Katherine also worked on a Connection Project that focused on areas of need within Asbury. She surveyed members to find out how they connected with Asbury before, during, and after the height of the COVID-19 pandemic. This project was designed to help identify Asbury's strengths/challenges and define core values.

Pastor Katherine worked with a coach from the business world, who provided input and support and helped her with the Connection Project.

According to Pastor Katherine, "Through the coaching, I was able to explore different directions my project could take as well as receiving feedback on best practices for the project. It was wonderful to have someone to collaborate

with and think through the impact of various ideas. The PCL program has given me tools to use for leading Asbury UMC and developing leadership within it. It was well worth my time and effort. Even the topics I had more experience in were covered in ways that added value and insight to my work as a pastor leading a congregation."



Pastor Katherine hugs her coach as she accepts her certificate in nonprofit administration.



Asbury's Memorial Garden

The Garden Team would like to remind everyone that Memorial Stones are available for a free-will offering (to offset cost) when an Asbury member or constituent passes away. The stones are engraved with the member's/constituent's name and are placed in Asbury's Memorial Garden. If you would like to order a stone, please contact Judy Pearson at 218-722-5818.

Join the Communications Team!

Do you like to get the word out about events and ideas? We would love to have you join the Communications Team at Asbury. The Team will continue to work on how to spread the word about all the fabulous activities, events and opportunities that go on at Asbury UMC! Our next meeting will be **Thursday, September 15 at 4:45 pm** in the Wesley Room. If you want to be part of the team, but can't make the meeting, please let Pastor Katherine know at kcornell@wnccumc.net or call the church office at 218-624-0061.



Our September Outreach/
Communion Offering
collection is for
Life House

Attendance . . .

July 31	50 in-church/21 views
Aug 7	51 in-church/22 views
Aug 14	45 in-church/18 views
Aug 21	50 in-church/16 views



Scripture Readers . . .

Sept 4	Ruth Thorpe
Sept 11	Dale Thorpe
Sept 18	Jan Akervik
Sept 25	Terry Olson



- 1 Donna Mickelson
- 5 Isadora Blazevic
Nathan Nylund
- 9 Duane Palmi
Mary Jo Plys
Ted Plys
- 15 Shirley Brandt
- 17 Nancy Wagner
- 20 Jerry Smith
- 21 Ronan Miller
- 29 Ryder Wrazidlo
- 30 Jill Lepisto

*Not included?
Please contact the
church office at 624-0061.*

Asbury News

Successful National Night-Out Picnic!

The 2022 National Night-Out Picnic was held on Tuesday, August 2, in Asbury's lower parking lot. Although a rain storm was forecast, the weather held up nicely and we were indeed lucky!

The Outreach Team served Sloppy Joes, calico beans, chips, Debbie Houle's salad, watermelon, cookies, lemonade, coffee and water. About 80 people were served, mostly Asbury members/friends, but there were many more neighbors, including children, that attended this year. We also had several police officers stop by, including Duluth's new interim Chief of Police, Deputy Chief Laura Marquardt.

The Outreach Team had a special project for CHUM. About 50 shower kits were put together and brought to CHUM.

Games were played by the children attending thanks to Phyllis Kruell who supplied the games and Pastor Katherine's sons Michael, James, Paul and David who organized the games and played with the children.

A huge thank you to everyone who helped supply us with food (we got everything on our wish list), helped set-up and serve, and everyone who helped with the clean-up after the picnic.



From L to R: Duluth's new interim Chief of Police, Deputy Chief Laura Marquardt, Pat Anscomb and Sharon Picconatto.



From L to R: Dawn Parendo and Pam Perich helped serve.



From L to R: Judy and Steve Hill helped put together the Outreach special project: shower kits for CHUM.



Pastor Katherine's sons helped with games. From L to R: Paul, Michael, James, David.



Calendar

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Boy Scout Troop 16 meets on Sundays, 6:00 to 7:30 pm in the Fellowship Hall.</p> <p>Cub Scout Troop 16 meets on Mondays, 6:00 to 7:00 pm in the Fellowship Hall.</p> <p>Pastor Katherine on vacation August 29-September 5</p>				<p>1</p> <p>10:00 to 10:45 am, 2nd Harvest Food Distribution</p>	<p>2</p>	<p>3</p>
<p>4</p> <p>10:00 am/Communion In-church & On-line Worship Rev. MaryAnne Korsch from First UMC preaching</p>	<p>5</p> <p>8:30 am Garden Team, FH</p>	<p>6</p> <p>10:00 am, SVFC, WR</p>	<p>7</p> <p>8:30 am Men's Coffee, FH</p> <p>9:30 am UWF Board Meeting, WR</p> <p>5:30 pm, Yoga, FH</p>	<p>8</p>	<p>9</p> <p>Dumpster Pick Up</p>	<p>10</p>
<p>11</p> <p>RALLY SUNDAY 30th ANNIVERSARY 10:00 am/Birthday In-church & On-line Worship 11:00 am, Fellowship, FH 11:10 am Group photo for Directory in the Sanctuary</p>	<p>12</p> <p>8:30 am Garden Team, FH</p> <p>2:00 pm Knitting Klub, WR</p> <p>4:00 pm Trustees, WR</p>	<p>13</p> <p>10:00 am, SVFC, WR 10:00 am Bone Builders, FH</p> <p>4:00 pm, Trustees, WR</p> <p>5:15 pm Outreach, FH</p>	<p>14</p> <p>8:30 am Men's Coffee, WR</p> <p>5:30 pm, Yoga, Narthex</p>	<p>15</p> <p>8:00 am Pasty Work Day</p> <p>4:45 pm Communications Team meeting, WR</p>	<p>16</p> <p>7:00 am Pasty Work Day</p> <p>11:00 am to 1:00 pm PASTY SALE</p>	<p>17</p> <p>7:00 am Pasty Work Day</p> <p>10:00 am to noon PASTY SALE</p>
<p>18</p> <p>TEACHER'S DEDICATION 10:00 am/Praise In-Church & On-line Worship</p> <p>11:00 am, Fellowship, FH</p> <p>11:00 am, Church/School Partnership Meeting, WR</p>	<p>19</p> <p>8:30 am Garden Team, FH</p> <p>9:30 am Green Door Book Club, WR</p>	<p>20</p> <p>10:00 am, SVFC, WR 10:00 am Bone Builders, FH</p> <p>1:00 pm Love/Hope Circle, WR</p> <p>6:30 pm Ad Council, FH & Zoom</p>	<p>21</p> <p>8:30 am Men's Coffee, FH</p> <p>5:30 pm, Yoga, FH 5:30 pm Christian Ed, WR</p> <p>MESSENGER DEADLINE</p>	<p>22</p> <p>10:00 am Bone Builders, FH</p>	<p>23</p> <p>Dumpster Pick Up</p>	<p>24</p> <p>9:00-10:30 am Free Community Drive-Through Breakfast, Our Savior's Lutheran</p>
<p>25</p> <p>10:00 am In-church & On-line Worship</p> <p>11:00 am, Fellowship, FH</p>	<p>26</p> <p>8:30 am Garden Team, FH</p>	<p>27</p> <p>10:00 am, SVFC, WR</p> <p>10:00 am Bone Builders, FH</p>	<p>28</p> <p>8:30 am Men's Coffee, FH</p> <p>5:30 pm, Yoga, FH</p>	<p>29</p> <p>10:00 am Bone Builders, FH</p> <p>MESSENGER EMAILS/MAILS</p>	<p>30</p>	

Asbury News

Ad Council Meeting Minutes — 8-23-22

Opening

Sandy Winklesky, Ad. Council Chairperson, called the meeting to order at 6:30 p.m. The council met in the Fellowship Hall and also on Zoom. Pastor Katherine led us in prayer.

Secretary's Report:

Minutes of the June 21, 2022, Administrative Council were reviewed. Pat Anscomb made a motion to accept the minutes as read. The motion was seconded and unanimously approved.

M – Pat Anscomb S – Steve Kokotovich

Lay Leader's Report – Steve Kokotovich

Steve congratulated Pastor Katherine on completing her church leadership courses.

Treasurer's Report – Pat Anscomb

The July monthly summary was given. Balance on Hand, 7/31/2022 is \$5,180.61.

As of 7/31/2022 we have paid 17% of our 2022 Conference Apportionments with a balance due of \$16,025.82.

Steve Kokotovich made a motion to accept the Treasurer's Report.

The motion was seconded and unanimously approved.

M – Steve Kokotovich, S – Donna Mickelson

Staff Parish Relations Committee – Steve Kokotovich for Barb Kokotovich

Staff reviews are in progress.

Trustee's Report – no report

United Women In Faith – Pastor Katherine for Jan Akervik

The Rummage sale was reviewed and changes were made for next year. Date for the 2023 rummage sale is 6-22-23.

Pasties - September 12 to 17th. A sign up to work chart is in the Narthex.

Proceeds go to missions, church utilities and project fund.

Pies - October 5 – 7.

Donuts October 14 – 15.

Pantry – October 15. Proceeds go to the UWF budget, which in turn goes to missions.

Drive through Meatball Dinner – October 23. Proceeds go toward our apportionments, which then go to larger church mission work.

Outreach and Missions Team – Steve Kokotovich

The National Night Out was a success. 50 shower kits were made and given to CHUM.

The committee is providing CPR and AED training. Planning is still in progress.

Damiano meals will be starting up again with only two people volunteering at a time.

Education Team – Sandy Winklesky

The Sunday School Team met on August 17.

The Conference is offering scholarships for background checks for people volunteering in schools.

Asbury is planning a partnership with Laura MacArthur.

Rally Sunday is Sept. 11.

Fall Festival is October 30.

A Christmas program is being discussed.

The next meeting will be on Sept. 21, at 6:30 p.m.

Worship Team – Donna Mickelson

The summer worship services are done.

TREASURER'S REPORT:

7/31/22

GENERAL FUND:

Beginning Cash Balance, 6/30/22	\$ 7,231.84
Deposits	\$ 13,689.57
Total to Account for	\$ 20,921.41
Checks Written	<\$ 15,740.80>
Balance on Hand, 7/31/22	\$ 5,180.61

Unpaid Bills through 7/31/22 (includes apportionments)	<\$ 8,575.90>
Net Ending Balance at 7/31/22	<\$ 3,395.29>

The committee continues to work on sound issues.

Nurture/Congregational Care Team – Sandy Winklesky

Visitation Committee – no report

Scholarship Committee – no report

The Membership Committee held an informational meeting last Sunday after church. Six people attended with 2 more interested in learning more about joining the church.

The Membership committee is continuing to work on a new pictorial directory.

Pastor's Report – Katherine Cornell

A communications team is being organized. It will meet in September.

Pastor Katherine's vacation days are August 29 to September 5.

Celebrating Asbury's 30th Anniversary will be done on Rally Day, Sept. 11. A picture for the church directory will be taken after the church service.

Old Business

New COVID policies were decided and will begin on Sept. 11.

Fellowship Coffee after church will start up again.

The left side of the church will continue to be roped off with social distance seating.

The choirs can start up again.

The Council has removed the block on serving meals at the church with each group deciding if they wish to hold the event. For example, UWF can decide if they wish to serve a meal after funerals.

A motion was made to update our COVID policies. The motion was seconded and unanimously approved. **M – Steve Kokotovich S – Carrie Sutherland**

New Business

Sandy Winklesky reported that Patricia Benson from CHUM asked if the church would be interested in having a homeless tent city in our church backyard. The Ad. Council decided that they are not interested in having a tent city in our backyard but will help CHUM in other ways.

We are hoping to increase our church attendance on Sunday mornings. At the Sept. and Oct. Ad. Council meetings we will revisit this topic to come up with ideas to make this happen.

Closing

The next Ad. Council meeting will be on Tuesday, September 20, 2022 at 6:30 p.m.

Donna Mickelson made a motion to adjourn the meeting. The motion was seconded and unanimously approved.

M – Donna Mickelson, S – Steve Kokotovich

The meeting was adjourned at 7:26 p.m.

Respectfully Submitted,

Patricia Bennett, Recording Secretary

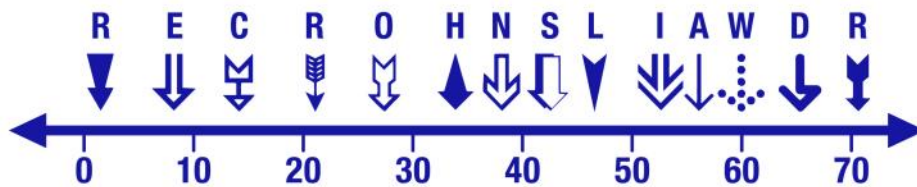
Kid's Corner



A Full Quiver

Our heavenly Father loves families and has a special purpose for each generation.

Directions: Use the key to match the number of each arrow with the correct letter.



Like _____
56 21 71 28 60 42

in the hands of a warrior are

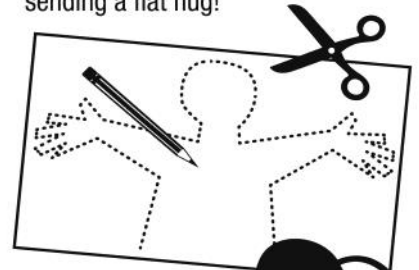
_____ _____ _____ _____ _____ _____
14 33 52 47 65 2 9 39

born in one's youth. Blessed is the man whose quiver is full of them.

PSALM 127:4-5, NIV

Envelope EMBRACE

Show long-distance love to grandparents and other relatives by sending a flat hug!



What you need:

- Craft paper
- Pencil
- Scissors
- Markers
- Envelope



What you do:

1. Roll out some craft paper (long enough to spread your arms across it).
2. Lie down on your back on the paper, with arms outstretched. Have someone trace around your arms, hands and head with a pencil.
3. Cut out the outline of your hug.
4. Draw your face and features on the paper. Use markers to color your hug to look like yourself. Write a note on the back.
5. Fold up and mail your two-dimensional hug to a loved one.





Asbury Fall Pantry — October 15!

The Asbury UWF Fall Pantry will soon be here on Saturday, October 15 from 9:00 to 11:00 am. We are planning ahead and are asking for help now with pie making, donut making or sharing your special talent in baking, knitting or crafting.

We especially need jams and jellies and items for the bake sale table plus cookies for the cookie table.

Cash donations are also most welcome! Please make checks out to **Asbury UWF** and give checks or cash donations to our UMW treasurer, Karen Gokey.

All Pantry contributions should be brought to the Fellowship Hall on Friday, October 14 from 9:00 to 11:00 am as this is set-up day!

Saturday workers will be needed by 8:00 am and should park in the upper lot to allow easy parking

in the lower lot for Fall Pantry guests. If you are bringing baked goods in on Saturday, please bring them in by 8:00 am. It would be helpful to have bars, cupcakes, in packages of 6 or 12.

We will make our scrumptious apple pies on October 6 and 7 starting at 7:45 am. There will be a sign-up sheet for help and an order form on the table at the back of the church. Pies are \$15.00 each.



UWF Meetings

- UWF board members meet at 9:30 am in the Wesley Room on the 1st Wednesday of each month. **The UWF Board will meet on September 7 at 9:30 am in the Wesley Room.** Devotions will be presented by Phyllis Wolden. Fall activities will be on the agenda.
- Love/Hope Circle meets at 1:00 pm in the Wesley Room on the 3rd Tuesday of each month. **Love/Hope Circle will meet on September 20 at 1:00 pm in the Wesley Room.** Fall projects will be discussed.
- Faith Circle meets at 1:00 pm on the 3rd Thursday of each month. **Faith Circle will work on pasties and discuss any other plans for the month of September while working together.** Please sign up to work and support pasty time. The sign up board is in the Narthex.
- Knitting Klub members meet at 2:00 pm in the Wesley Room on the 2nd Monday of the month. **Knitting Klub will meet on September 12 at 2:00 pm.**
- Green Door Book Club members meet at 9:30 am in the Wesley Room on the 3rd Monday of each month. **The Book Club will meet on September 19 at 9:30 am in the Wesley Room.**

Donut making for our delicious donuts is October 13-14. We start at 8:30 am on October 13 to make the dough. On October 14 we start at 6:00 am (come when you can) to roll, cut out, fry and bag donuts. Please call Bev LeClair, if you can help. Donuts are TBD/dozen (price will be in the October Messenger). Order forms will be on the back table in the Narthex.

There will also be 350 pasties for sale at \$6.00 each. First come, first serve.

Our Asbury Fall Pantry is UWF's major fundraiser for the 2023 budget. Thank you all for participating in this event as it helps us do many good ministries throughout the year. We appreciate everyone's special talent and gift. Please spread the word, bring your friends and get a jump start on the upcoming holiday season!

If you have jam, jelly or pickle canning jars, please leave them in the kitchen. There also is always a need for gallon ice cream buckets with lids.





Pasty Sale — September 16-17

It's time for pasties again! September 15-16 will be pasty making time. Sale days are the 16th and 17th. Your help is needed for this huge project.

We peel veggies and make dough on Thursday, September 15. Many hands are needed so please sign up to help.

On September 16 and 17 the crew will roll out crusts, fill crusts, crimp, bake, cook and package. We have a great team and great fun!

We also need a clean-up team—not hard but necessary! Please see schedule below for times to help!

And, we are in need of brown grocery bags which can be left in the kitchen. Thank you.

There is a sign in the Narthex to sign-up plus an order form on the table where you can place your order for pasties. Be sure to order your pasties early before our quota is filled!

Pasties are \$6.00 each/gravy 75 cents each.

ORDER DEADLINE is September 11.

Pick Up Times:

Friday, September 16 from 11:00 am to 1:00 pm

Saturday, September 17 from 10:00 to NOON

All pasty orders need to be picked up by NOON on September 17.

Pasty Sale Work Schedule

Thursday, September 15

8:00 am Mix crust.

This is not hard and we will teach you.

9:30 am Men and women peel veggies.

Come when you can and stay for as long as you can!

Friday, September 16

7:00 am — 2:00 pm

Preparation and baking of pasties.

Come when you can and stay for as long as you can!

NOON Four people are needed for clean up, **six volunteers would be great!**

Saturday, September 17

7:00 am — NOON

Pasty baking—come and learn how to bake pasties.

Come when you can and stay for as long as you can!

NOON Six people needed for clean up, **8 or more would be terrific!**

What's That Tantalizing Aroma?

Save the date! Asbury's Fall Drive Through

Meatball Dinner will be on Tuesday, October 25 from 4:30 to 6:30 pm. **Advance tickets sales are preferred to give us an accurate count and to guarantee you receive a dinner!** If you choose not to purchase an advanced ticket, there will be a **LIMITED amount of tickets** available for sale at the door. Tickets are \$12.00 for adults and \$6.00 for children/youth. Get your tickets and bring the family and your friends!



Our popular meatball dinner requires a lot of workers. We need your support and your help so please also consider volunteering some of your time. There will be a sign-up board in the Narthex.

All proceeds go towards paying our 2022 Minnesota Annual Conference apportionments.

Asbury News

Church-School Partnership Program

The Minnesota Annual Conference is encouraging all Methodist

churches to participate in the Church-School Partnership Program. This program brings schools and churches together to strengthen relationships between church families and communities.



Asbury's Christian Education Team met with Shane Johnson, tier one Dean of Students at Laura MacArthur Elementary School to discuss opportunities for us to collaborate. Many opportunities are available along with steps required before we can start any joint venture. One of the steps is identifying who from Asbury UMC would be interested in joining the venture and what support we would be able to provide.

Any who are interested in joining us to build relationships at Laura McArthur, please meet after church on **Sunday, September 18** in the Wesley Room. We will discuss opportunities and next steps. If you cannot attend the meeting, but are still interested, please contact Alice Brenny at 218-393-0080.

Asbury News

Yoga for Parkinson's Disease and More!

A Yoga for Parkinson's Disease class will be available starting Thursday, September 8 from 11:00 am to 12:30 pm at In Harmony Reiki and Inner Wellness, located at 5628 Grand Avenue, Duluth.



This class is designed specifically to address the symptoms of Parkinson's Disease. The sessions are designed to be fun, purposeful and adaptable.

The class will be offered in a chair with optional standing postures/movements/floor work and will be a small group with individualized attention from the instructor.

Elements of the class will address balance, joint mobility, posture, improving breath, incorporating voice strengthening through sound, improving memory, reducing anxiety through rest/meditation, allowing for social interac-

tion to help reduce depression and improve self worth. All levels of skill encouraged to attend. Attendees should be able to get up/down from a chair independently or with use of assistive device/minimal assist. Caregivers/support assistants are welcome. Instructed by Teresa Zupancich, this six-week class runs Thursdays from September 8 to October 13. Pre-registration required at inharmony.life@gmail.com or 218-391-8778.

Zumba with Naomi! This new class will be on Wednesday nights from 5:30-6:30 pm starting September 7. This is a very fun, moderate-intensity exercise class that integrates repetitive dance moves with the song patterns to help you follow easily. It incorporates warm-up, aerobic, strength, and stretch/cool down all within the one hour class.

Swing Dance Lessons for Beginners and Beginner/Intermediate are on Thursday evenings September 15, 22 and 29! The Beginner level starts at 6:00 pm and the other level starts at 7:00 pm. Lee Harnell and Debbie Merrick will teach Swing Dance for social dancers who want to have confidence in the basics, a comfortable routine for consistency, and a lot more fun when out listening to Duluth's fabulous live bands. No partner needed to participate.

For more information on any of these classes, please see <https://inharmony.life/> or visit the Facebook page at <https://www.facebook.com/pg/In-Harmony-Reiki-and-Inner-Wellness-108125680825896/posts/>



CHUM Open Your Heart Summer Food Drive Results

CHUM saw a lot of success with their Food Drive this summer. They were able to raise over \$13,000, some of which was matched by the Open Your Heart Foundation. As a result, CHUM is now able to get a lot of the food needed for Thanksgiving meals!

If you would like to contribute to CHUM's goal of 300 Thanksgiving meal boxes please consider donating turkeys; canned sweet potatoes/yams and boxed mashed potatoes; boxed stuffing; canned green beans, corn and cranberry sauce; cream of mushroom soup; jarred gravy; canned pumpkin and evaporated milk; applesauce; and canned mixed fruit.

The Food Shelf is in desperate need of CEREAL and PEANUT BUTTER! Every week something seems to be running short, but cereal and peanut butter have been at the top of the list! As these two items are staples, please help if you are able. Donations may be dropped off any time CHUM is open.



CONGRATULATIONS TO RUTH BLOOMQUIST ON HER 102ND BIRTHDAY!



Our Stewardship Campaign ("Building Blocks of Stewardship") will start October 2 this year instead of in November.

Commitment Sunday will be on October 23. More info will be the October newsletter.

Asbury United Methodist
PO Box 7135
Duluth MN 55807

Return service requested

Meet Our Staff



Pastor:..... Katherine Cornell
Administrative Asst.: Shirley Brandt
Music Coordinator/Organist: Phyllis Kruell
Praise Team Leaders..... varies
Custodian: Dan Mokros
Ad Council Chair: Sandy Winklesky
Treasurer: Pat Anscomb
Finance Judi VanDell
Lay Leader/Outreach: Steve Kokotovich
Trustees: Nancy Wagner, Terry Olson
UWF President..... Jan Akervik
SPRC Co-Chairs. Barb Kokotovich, Ted Plys
Worship Chair Donna Mickelson
Christian Ed: Alice Brenny, Sandy Winklesky
Scholarship Shelly Vanneste
Membership Candy Kokotovich
Visitation Karen Gokey

This newsletter is e-mailed/mailed monthly by Asbury UMC, Duluth MN.

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NEXT MESSENGER DEADLINE: September 21 for October 2022 Messenger.

Please submit all articles of interest to Shirley in the church office by the deadline listed above.
Items may be dropped off, e-mailed or mailed. Thank you.

Worship With Us

Every Sunday at 10:00 am.

NOTE:

1st Sunday of each month we share Holy Communion,
2nd Sunday we recognize those celebrating birthdays.
3rd Sunday our music is led by our Praise Team.
***Every Sunday we give thanks and celebrate
God's great gifts and presence in our lives.***



Asbury's Vision & Mission Statement

Vision: At Asbury UMC, we believe God's words and ways are key to abundant life for ourselves and our community.

Mission: Asbury UMC is a welcoming, active church that exists to serve, grow, build, and bless our congregation, community, and the world.